

Thrive 365 #8

Did you know?

Mental health includes our emotional, psychological and social wellbeing. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices... Everyone has mental health. Being aware of this is very important for navigating ups and downs.

What can you try?

1. Talk Openly

Talk openly about how you feel and what you are thinking with people you trust. By saying something out loud we can process our emotions and prevent them from coming out in other ways. They won't just go away, so it's better to accept them for what they are and recognise they exist for a reason and have a purpose. For instance, sadness helps us connect with those close to us; anger helps us face up to our problems; disgust helps us reject what's unhealthy and fear protects us from danger.

2. Help Others

Helping others with their difficult emotions will not only aid them, but also help you understand that everyone goes through difficult times. If someone chooses you to trust, make sure you look after their feelings by keeping them to yourself - unless the person is a risk to themselves or someone else. In which case, you must tell someone who can help.

3. Write Down Changes

Write down any times where you feel you have behaved in a way that is different to how you would usually respond. Revisit your journal when you are in a good frame of mind and try to work out the triggers for your change in behaviour. Think about how you could make things easier for yourself. Could anyone else help?

We hope you find this knowledge useful. Warm wishes, Claire and Rachael, Dragonfly Co-founders.

TALKS

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